

## Lesson 4: Parking Lot Safety

**Time:** approximately 20-30 minutes

*This curriculum does not cover every possible scenario that a child may encounter as a pedestrian, but instead addresses the basic skills needed to be a safe pedestrian. Teachers should use their discretion as how to appropriately break material to accommodate their daily schedule. Studies have demonstrated that skill-building activities are the most effective way to promote student retention of pedestrian safety skills. While the “Activity” portion may be postponed to a future class period if needed, it is an essential component to this curriculum and all lessons should be complemented with the reinforcement of safe pedestrian behavior. More time can be spent on practicing the behavior if children are already familiar with the core material.*

### Lesson Objectives:

The objective of this lesson is to teach students how to navigate a parking lot. Parking lots can be dangerous because they are one place where walkers and vehicles share the same space. Drivers are often preoccupied with finding a parking space and are not paying attention to walkers. At this age, it is important to emphasize that students should never navigate parking lots without the assistance of an adult.

The students will be able to

- Demonstrate safe behaviors for exiting a vehicle, walking safely in a parking lot, and re-entering a vehicle

### Applicable National Standards of Learning:

- Physical Education Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Physical Education Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Health Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
- Health Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

### Materials:

A large area to create a model parking lot

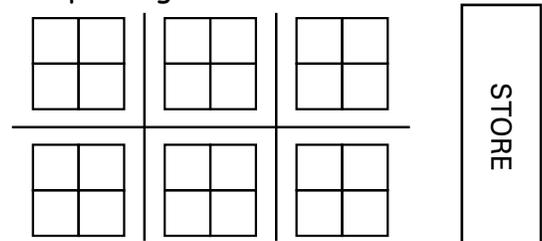
Masking tape, rope, chairs (16-24), or other materials to create model parking lot

Parent/Caregiver Tip Sheet

**Preparation:** Using the materials listed above, create a model parking lot.

You will need to arrange several chairs into groups of four to simulate cars. Use tape, rope, or other materials to simulate the parking spaces between the cars.

You can also create a store front using large boxes or rope.



## Lesson Outline

### Discussion & Teacher

#### Demonstration: (10-15 minutes)

The teacher will

- Define and discuss traffic in “parking lots”
- Emphasize the importance of crossing the parking lot with an adult
- Discuss safety rules for maneuvering within a parking lot

#### 1. Exit the Car Carefully

## Sample Script

Today, we are going to learn how to cross a parking lot safely.

Raise your hand if you have ever been nervous when you have crossed a parking lot.

Parking lots are special places that can be very dangerous if we are not careful. They are places where drivers can park and leave their cars while they do other things such as eat in a restaurant, shop in stores, and pick up books at a library.

Parking lots can be very busy. We can see many types of vehicles in a parking lot such as buses, motorcycles, bicycles, and cars.

Many vehicles will be moving around and some drivers will forget to pay attention to you as you are walking. Let’s talk more about what you should do to always be safe in a parking lot.

Let’s pretend that this is a large parking lot. The chairs grouped together are cars. The lines show where the parking spaces might be. The large boxes over there are the store that I want to get into.

As we talk about how to stay safe in the parking lot, I’m going to show you what you should do.

When the driver of your car has found a safe place to park in a parking lot, you are going to first wait for the driver to say it is okay before you get out of the car. Wait for the driver to help you out of your booster seat or car seat. Do not try to get out of the seat by yourself.

If you can, get out of the car on the same side as the driver. You may have to scoot across the seat to get to the same side, but you will be near them at all times. That way you are sure to be safe. Watch as I slide from my seat in the back to the side where the driver exited the car. I will ask the driver if it is safe to get out. When they say it is, I step out slowly, keeping my body close to the car. I am right next to them and safe! ***[Teacher demonstration.]***

If you cannot get out of their side of the car, again ask the driver first if it is safe for you to get out. They are tall, and they can see other cars more clearly. Do not jump out of the car. Wait for them to come around to get you out. When they tell you it is safe, step out slowly, keeping your body close to the car. Watch as I show you how to exit the car if you cannot get out on their side. ***[Teacher demonstration.]***

## Lesson Outline

2. Wait by the Car for the Adult

3. Walk Safely

## Sample Script

Once you have exited the car, immediately take the driver's hand.

Do not walk away from the car to get to the driver. Wait for them and walk with them hand-in-hand.

As you are walking in the parking lot, you need to remember the rules we have discussed before for walking near traffic.

***[Teacher display chart brainstormed in first lesson of unit.]***

### Safe Behavior When Walking Near Traffic

1. Walk, don't run.
2. Don't play around with friends or push.
3. Stay close to a parent, adult, or older sibling.
4. Stay away from cars and busy roads.
5. Be aware of your surroundings. Don't let toys, MP3 players, or anything else distract you.

I will follow these same rules when I am in the parking lot.

Remember, it is very difficult for drivers to see you through their back windows. As you walk, keep looking around the parking lot to see if there are cars backing out of their parking spaces and coming near you from any direction. If there are, FREEZE and wait with an adult until it is clear.

Walk with an adult on the left side of the parking row, just like we walked down the street, about 3 steps away from the back of the cars.

DO NOT walk down the middle of the parking lot or too closely to the back of the cars. Drivers will not be able to see you.

Watch as I show you where to walk. Notice that I am on the left side, about three steps away from the other cars. I am walking straight, with my head up looking for traffic, holding an adult's hand, toward the store.

***[Teacher demonstration.]***

## Lesson Outline

### 4. Crossing the Lot and Re-Entering a Car

## Sample Script

At the end of your trip, you and the adult will have to go back to your car. It is important that you, hold the adult's hand, watch for traffic, and walk away from the backs of cars to get to your vehicle.

Watch as I demonstrate again. ***[Teacher demonstration.]***

As you are walking across the parking lot, you may have a toy or other item in your hands. If you drop it while you are walking, you should NOT try to get it by yourself.

- 1) Stay put.
- 2) Watch where it goes without leaving the adult.
- 3) Tell the adult where it is, and let him/her get it.

When you get back to the car, you also need to remember several ways to be safe.

- 1) Stay close to the car door as you wait for it to be unlocked. If you can, get in on the same side as the driver. The driver can keep an eye on you and pull you out of danger, as long as you are close.
- 2) Get into the car and close the door quickly.
- 3) Make sure you are buckled in safely before the driver starts the car. Tell the driver if you are not buckled in so they know that you are not yet ready to leave.

Watch as I show you how to safely re-enter the car and get ready to leave. ***[Teacher demonstration.]***

## Lesson Outline

### Activity Options:

The students could...

- a. Dramatize safe and unsafe scenarios using the model parking lot (5-10 minutes, *see sample script*)
- b. Practice safe parking lot behavior on school grounds to reinforce appropriate behavior (10-20 minutes)
- c. Take a supervised walk to a nearby parking lot with parent volunteers to practice and reinforce safe parking lot behavior (20-30 minutes)

### Closure (if time): (5 minutes)

The teacher will

- Review safety rules for walkers while crossing a parking lot

## Sample Script

### ACTIVITY OPTION A:

Now, it's your turn! A few of you are going to get the chance to show me how to cross the parking lot.

***[Teacher will allow several students to demonstrate crossing a parking lot using the steps above. The teacher should call out what is happening in the parking lot and give the students verbal cues to help them cross safely.]***

Great work! Let's practice all together by playing one of my favorite games, "Simon Says." When I call out a key word, show me what you should be doing if you were in a parking lot.

- 1) Allow all students to line up in rows in front of the teacher.
- 2) The teacher will call out several key words for students to mime on their bodies.
  - "Park" = sit in place
  - "Exit" = freeze next to car
  - "Walk" = look left and right as you walk in place
  - "Vehicle" = freeze
  - "Unlock" = open door
  - "Enter" = sit and buckle seat belt

Let's review all that we have learned today.

First, we learned how to exit and enter a car safely. Remember that it is best to enter and exit a vehicle from the same side as the driver. They can help keep you safe this way. If you can't do that, stay close to the car and don't move until the driver has come to take your hand.

Then, we learned that crossing a parking lot is a lot like crossing a street or intersection. We need to hold an adult's hand, walk, keep our head high, and look and listen for traffic as we cross the parking lot.

*After the review, it is highly recommended that teachers take students to a safe environment outdoors to reinforce the learned behaviors. Parent and other adult volunteers may be necessary to make this first-hand experience more valuable and safe for the children.*

**Suggested Cross-Curricular Connections:**

*These optional activities are included to extend the lesson into other areas of learning. Most activities presented may be completed within a 20-minute time period.*

**Music**

- Teacher and students can sing the “Crossing the Lot” song
- Students can demonstrate actions while singing, if appropriate

**“Crossing the Lot” Song**

Sung to “Adams Family” Tune

Crossing the Lot (Clap! Clap!)  
 Crossing the Lot (Clap! Clap!)  
 Crossing the Lot. Crossing the Lot. Crossing the Lot (Clap! Clap!)

First you exit the car,  
 Then you stand beside it.  
 Take the adult’s hand  
 And beware of moving cars.

Crossing the Lot (Clap! Clap!)  
 Crossing the Lot (Clap! Clap!)  
 Crossing the Lot. Crossing the Lot. Crossing the Lot (Clap! Clap!)

**Math**

- Pictograph
  - Students can observe the school parking lot from a classroom window or a safe sidewalk/grassy area nearby.
  - Teacher and students can discuss the types of transportation observed (cars, trucks, vans, buses, bicycles, motorcycles, convertibles, etc.).
  - Teacher and students can count the different types of transportation in the parking lot and create a pictograph to demonstrate the vehicles present.

**Art & Dramatic Play**

- Students can create model, child-sized store front and parking lot props. These can be used for the students to practice safe behavior in a dramatic play center throughout the unit. They can also be used as props for a culminating unit dramatization of all walker safety topics.

# Materials

## Parent/Caregiver Tip Sheet